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REYNOLDS'S "COUNTER-BLAST,"

WITH PREFATORY REMARKS BY

ROBERT CHARLETON, Esq.

Dedicated to the Editor of the "Bristol Mercury,"

AND THE GENTLEMEN OF THE PRESS GENERALLY.

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TO THE EDITOR OF THE "BRISTOL MERCURY."

Sir,—Although I have, through the columns of the "*Western Daily Press*," been favoured with an opportunity of disabusing the minds of some of your readers, who saw your purported report of my lecture in the Broadmead Rooms, on the 15th ultimo, the reproach which my alleged discourtesy must have occasioned, is doubtless by many readers of the "*Mercury*," still supposed to be my due.

On the principle of "*audi-alterem, partem*," I had a right to expect your complianee with my request, to publish my letter in which I disclaimed the imputation of treating you with rudeness.

In order therefore that the connexion, in which the language which is purported to have been applied offensively to you, was employed, I respectfully request, that you will give my lecture a careful and candid perusal, and I feel assured that your intelligence will lead you to the conclusion, that my remarks must be extensively wrested, to make them comport with the sense of the abstract sentences, which were partially culled from my observations.

But should it be otherwise, and you consider that you are entitled to my apology, I shall not for a moment hesitate to accede to your demand, and as I do not know in what manner I can better assure you of my freedom from spleen, in relation to this question, than by dedicating my lecture to you, I have much pleasure in so doing, and I take the liberty of blending with you the gentlemen of the "*Press*" generally.

I am, sir, your obedient servant,

Thomas Reynolds.

10, Camden Square, London, N.W.

TO THE EDITOR OF THE "BRISTOL MERCURY," AND THE GENTLEMEN
OF THE PRESS GENERALLY.

Gentlemen,—As there is no subject, on which there is greater need for the diffusion of information than the Great Tobacco Question, and as it is by many supposed, and frequently asserted that the daily practice of smoking in moderation, is not attended with injurious consequences, I submit to your serious consideration, the following lecture, which I respectfully dedicate to you, and I cherish the hope that its perusal may lead to the relinquishment of the poisonous and intoxicating weed, by all of you who have commenced its use. And with my best wishes for your present and eternal welfare.

I am, gentlemen, your obedient servant,

Thomas Reynolds,

Secretary to the British Anti-Tobacco Society.

10, Camden Square, London, N.W.

SMOKERS AND SMOKING.

“ON THURSDAY evening, 15th ultimo, a public meeting was held at the Broadmead Rooms for the purpose of discussing the question of whether the use of tobacco was beneficial to those who smoke it or otherwise. There was a large attendance, and the Chair was occupied by Mr. Robert Charleton, and he was supported by Mr. Reynolds, secretary to the British Anti-Tobacco Society, Rev. Mr. Willis, Rev. Mr. Taylor, Mr. George Thorne, Mr. Matthews, Mr. Harris, Mr. Brown, Mr. J. B. Taylor, &c. The Rev. Mr. Taylor opened the meeting with prayer.

“The Chairman, in commencing the proceedings, said that he considered that the subject which they were met that evening to consider was one of great national importance. The consumption of tobacco in this country had been of late years very rapidly on the increase. In the year 1850, there were consumed in the United Kingdom about 27½ million pounds, and ten years later, in 1860, that quantity was increased to 35 million pounds, that being an increase of 7½ million pounds, or in round numbers nearly 30 per cent. The money value, taken at the lowest ground, that of tobacco was enormous. It amounted to considerably more than £10,000,000 sterling—an amount very much larger than the whole of what was raised in this country for the poor rates, and not much less, if any less, than the amount of the income-tax. He then adverted to a leading article which had appeared in a contemporary, with regard to the question which they were met to discuss. That article, he said, was a cleverly written one in favour of the moderate use of tobacco, and the writer had made out as good a case as one could possibly be expected to make out. At the close of that article, however, the editor made an exceedingly important and very candid admission. He told them that, while it was impossible to coincide with the Anti-tobacco crusaders, it must be deplored that boys should adopt the habit of those older than themselves, before they had attained the age to make the moderate use of tobacco innocuous. Hence they had trembling hands, dull brains, weakened memories, unhealthy stomachs, and a general demoralization of the system, which were the necessary results of those errors, and many of the doubled up frames they observed in places of public resort were to be clearly ascribed to this practice. The editor of the article concluded by expressing an opinion that fathers of families should do their utmost to stop the evil. Now, he (the chairman) would just remark in relation to that, with reference to the moderate use of tobacco by the mature aged, they conceived that it was only by getting those of mature age to abstain from the use of tobacco that they could hope to influence the young, which the editor desired them to do. All human beings, especially the young, were to a very large extent creatures of imitation. They all knew that example was far more powerful than precept, and if a boy saw his father or his elder brother smoking he was sure to want to do the same, and in many instances he would certainly do it, notwithstanding any advice given to the contrary. The editor deplored the fact that boys indulged in the use of tobacco before they arrived at an age when the habit would be harmless, but he failed to tell them what that proper age was. (Laughter and applause.) Supposing, for the sake of argument, that that proper age was 21 years, then it might be said that if smoking were an innocent practice for a young man of 21 it could not be very injurious for one of 20 or even 19. (Hears hear.) Moreover they knew perfectly well that many precocious youth,

were, physically and mentally, as much men at 17 or 18 as others were at 19 or 20, so that, practically, it would be a work of difficulty, not to say absolutely impossible, to check the use of tobacco by the younger part of the community so long as they did not attempt to stop its use by those of mature classes. (Applause.) If the use of tobacco by the young was found to effect such fearful results, which were so truthfully and so graphically described by the editor—if it produces trembling hands, dull brains, weakened memories, unhealthy stomachs, debilitated frames, and general demoralization of the system, and if those fearful evils were the necessary results—not the accidental results—of those errors, then it seemed to him (the chairman) that they ought to be very sure that there were some countervailing benefits of the most important kinds to justify the continued use of tobacco, if they were to use it in spite of the known fact that it produced those results in a large number of cases—the necessary results of the free use of tobacco. (Applause.) He thought that there could hardly be a more fitting subject for discussion, and they might calmly go into the question whether the article of tobacco possessed any such advantages as could justify its continued use by the community, notwithstanding the evils it brought upon them. They had with them Mr. Reynolds, who had paid a great deal of attention to the subject of tobacco smoking for some years. That gentleman was the master of the subject in all its bearings, and he would now proceed to detail to them the result of his investigations. (Applause.)”

THE LECTURE.

ANTECEDENTLY to the publication of the *Bristol Mercury*, which favoured us with a gratuitous review of our proceedings, arrangements had been concluded for the further discussion of the Tobacco Question for the following reasons:—

1st. It was thought advisable to fan the flame which was kindled at the meeting, which elicited the purported counter-blast in the *Mercury*.

2nd. There are many important features of the Tobacco Question which can only be cursorily glanced at, in the course of one lecture, but which ought to be submitted for the information of the public, and especially on behalf of the young.

3rd. It has been deemed advisable to give the public an opportunity of maturely considering the sentiments, which have already been advanced, and also of affording another opportunity of offering counter opinions, and of proposing questions in reference to any additional topics, which may be advanced, and most earnestly do we desire that the question may be fully and fairly discussed.

We borrow the Motto of the *Mercury*:—“Smokers and Smoking.” This is a serious subject to approach. It involves the interests of millions of our fellow countrymen, and their posterity of the present generation, and by consequence of myriads in coming generations. But in what very different aspects is this subject viewed by the generality of mankind! The whole mass is divided into two classes—Timeists and Eternalists—and unhappily the former of the male population, as much we fear outnumber the latter, as the Smokers outnumber the Non-Smokers. That blessed organ, the *Times*, sounds the key note to which the secular press throughout the United Kingdom extensively responds on the subject of Smoking. The article in the *Mercury* which has been so ably dealt with by the Chairman, smells strongly of Printing House Square.

When the Tobacco Question was first agitated by us, the response to our efforts by the *Times* was:—"The opponent of narcotics may well account all men abominable, and as an unrelenting Calvinist shut the door of mercy against his kind. He is one of that great family who have agreed together to smoke, to chew, to snuff, and to build castles in the air, but by the Canon of Vincencius, and the admissions of Liebig he will be demolished by a single vote. He will be blown upon by every whiff, scouted and scorned by every suceze, and swamped by every expectoration."

Whenever I read an article in a Secular Journal on "Smokers and Smoking," I am reminded that it was once said of a deceased London Minister, that he could convert a bullock's kidney into a body of divinity. And it is really surprising, how much pains a smoking journalist will take to make a curse look like a blessing.

In this enlightened age, and in this great city, it is astonishing that such a man as the Editor of the *Mercury*, should quote the Fleet Street *chip* of Printing House Square by the information, that "the first things to which a household is directed when entering a new domicile, is the position of the piano on the part of the ladies, and the position of the smoking room on the part of the sterner sex."

What, is a smoking room so essential, as to constitute one of the first considerations of the male portion of a family, in the 19th century!

"How must a spirit late escaped from earth,
Look down astonished at the ways of men,"
To see them smoke, time, money, and their health
Away, in dens of solitude and stench?"

Such persons cannot be expected to "coincide with the Anti-Tobacco crusaders," but it is an honour to have our labours deemed worthy of their review.

Among my earliest efforts to seek the co-operation of the Medical profession, whose duty it really is to enlighten the public mind on this subject, a physician said:—"An Anti-Tobacco Society—an Anti-Tobacco Society! What shall we have next? An Anti-eating Society—an Anti-walking about Society, or an Anti-Marrying Society, I expect."

"But don't you wonder, doctor, that such a Society was not long ago established?"

"No, indeed, I wonder the thing should ever be thought of. I regret I cannot smoke myself."

"But why do you not smoke, doctor?"

"Because it always makes me sick and ill when I make the attempt, but I often wish I could smoke when I see other gentlemen at it, and especially of a cold night."

"But don't you know, doctor, that smokers suffer more from cold than non-smokers?"

"Can you prove that? for if you can, there is something in smoking with which I am not acquainted. I should like to hear it."

"I prove it thus. The narcotic of tobacco by first exalting nervous force, increases the heart's action, and the general circulation of the blood, which promotes animal heat."

"That is what I thought," said he, "and you are contradicting yourself."

"That picture has two sides, doctor. The smoker is more susceptible to the influence of night air, than if he were in a natural condition."

"There is something in that, I must confess," was his reply.

"But that's not all, doctor. When the nicotine which a pipe-full of

tobacco, or a cigar contains, is received into the system, there is a considerable reaction. The action of the heart is depressed, and the circulation impeded, through which the body has less heat than it would have in a natural condition."

"I am obliged," he said, "to admit this, and if you will deliver a lecture on this subject, I will come and hear you."

I did so, and referred the audience to him in confirmation of all the sentiments which I enunciated, and I regret that there are no medical gentlemen present to night, to whom I can refer."

I may here remark, Sir, and gentlemen, that this is an important feature of the Anti-Tobacco agitation. When I introduced this subject in the city of Manchester, Dr. M'Kerrow, a celebrated minister of the Presbyterian Church, after presiding at my lecture, said "I will meet you at any time to introduce you to a meeting while you are here. We ministers," said he, "preach to our people as though they were fully acquainted with the laws of their nature, but they know nothing at all about them. You," he added, "have begun at the right place."

On the subject of Natural theology, I know we may have thorough knowledge without being Christians, but a knowledge of theology may become extensively auxiliary to our becoming Christians.

He who admires the wonders of God in his bodily frame, may be led to make the all important enquiry, "What must I do to be saved?"

Natural theology has an extensive scope; it looks into the animal machinery, and discovers that there is a certain rate of action of the heart, beyond which it cannot be accelerated nor retarded, without interfering with the operation of all the organic functions on which the bodily health depend, and thereby affecting the intellectual indicator. For, as mental integrity is dependent on the integrity of the animal functions, so is the condition of the soul dependent on the integrity of the mental faculties.

My brothers, young and old, who desire to answer the end of your being in this lower universe of God, and to enjoy the felicity of which He has made you capable, observe the laws of your nature, with a view to profit by that observation!

Never listen to the sophistry which is designed to encourage you in smoking. Remember all the sirens are not in the seas. Of the sea sirens, it is said they have beautiful faces, and charming voices, with which they allure, but that their hidden parts are deformed, disgusting, and destructive. They captivate to destroy.

Multitudes, multitudes, have been decoyed by the *sirens* on land, and through their influence and example have been destroyed. Of what avail would it be to you, if it could be proved that all the professors of Christianity in Bristol were smokers and vendors of tobacco? What if it could be proved that smoking has been practiced ever since Satan was turned out of heaven, and Adam out of Paradise? Let it be your rejoicing that the pure breath of heaven is your delight, and that you have far higher enjoyment than the victims of Tobacco can possibly derive from their foul aroma. Before I pass on to another topic, permit me to enforce on you the duty of studying the wonders which the all-wise Creator has displayed in the human frame. Keekerman tells us of Albertus Magnus among the ancients, who spent 30 years in the study of his own body, and in making a vocal statue in the image of himself, but there are multitudes who never spent an hour in thinking of the component parts of their own bodies. Study yours until you feel as one did who said:—

“Know'st thou the nature of the human frame?
 That world of wonders, more than we can name?
 Say, has thy busy curious eye surveyed
 The proofs of boundless wisdom there displayed?
 How ranged each fibre with amazing skill,
 That every muscle may attend thy will:
 How every tendon acts upon its bone;
 And how the nerves receive a nicer tone,
Convey the keen vibration of the sense,
 And gives the wakeful mind intelligence.”

Time will not allow of any lengthened observations on this subject, but we cannot withhold the following description of the various nerves, and the offices which they have to perform.

By elevating the brain carefully from the cranium, the first nine pair are found in the following order:—

1st. *Nervi Olfactorii*, distributed through the pituitary membrane which constitute the organ of smell.

2nd. The *Optici*, which go to the eyes, where they receive impressions of visible objects.

3rd. *Oculorum motores*, distributed to the muscles of the eyes.

4th. The *pathetici* going to the superior oblique muscles of the eyes, the motion of which is expressive of the passions of the soul.

5th. Divide into three branches:—1st, *Ophthalmicus*, which goes to the eyes, eyelids, forehead, nose, and integuments of the face; 2nd and 3rd, to the superior and inferior maxilla.

6th. *Abductor muscle* of the eye, receives those which draw the globe of the eye from the nose.

7th. *Auditorii* distributed to the organs of hearing.

8th. *Par Vagus*, which has its name from the great number of parts, to which it gives branches, both in the thorax and abdomen.

9th. The *linguales*, or *hypo-glossi*, which go to the tongue, and appear to contribute both to the organs of taste, and to the motions of the tongue.

The celebrated Cheselden said:—“I think the nerves may be tubes, and that a fluid, whose cohesion is very little, and whose parts, perhaps are finer than light, may move freely in them. To this fluid the name of animal spirits has been given.”

If anything ought to indicate the importance of self-culture, surely it is this representation of the nervous system. Wherefore? because whatever hindrance may arise to the due performance of their offices, detracts from the all-wise Creator's designs, to the disadvantage of their possessors. I shall now briefly recapitulate the observations which I made at the last meeting, of the constituent principles of tobacco, forasmuch as no lecture can be complete on this question which does not contain such an exposition. I shall then show the manner in which these principles operate on the nervous system, with some description of the consequences of their operation on other parts of the system!

1st. The principles of tobacco are, a narcotic poison called nicotine and an essential oil.

These properties are received by chewers and snuff takers, but there is another principle received by the smoker, which is more potent than the constituent principles. This is generated by the action of fire, and is called empyreumatic oil; a single drop evaporated in this room would render the atmosphere almost unbearable, and is sufficient to kill a dog. Recent analytical tests have brought to light that the empyreumatic oil of tobacco contains hydrocyanic acid, and sulphureted hydrogen.

2nd. Their mode of operation, is by attacking, instantaneously the brain and the whole of the nervous system. This every young beginner knows, and it is a long time before the fumes of tobacco can be received into the mouth without subjecting the smoker to very considerable inconvenience. When, by its repeated use, the natural sensibilities are overcome, it is resorted to as a solace, and becomes a supposed benefit, but the poisonous matter impregnates the whole mass of blood, and affects every fibre of the frame.*

But there are not wanting advocates for smoking who contend—rather weakly assert—that evidence is wanting to prove that smoking is injurious, and that it produces such effects as are described, and the talented writer of the *Mercury* article, says, in reference to this particular, that the Society's assertions, which I have the honour to represent, rest on very unfirm foundations.

If I had the opportunity, I should ask that gentleman whether he is in a condition to test the opinions which we express. If he be a smoker, and has so depraved his nature that his sensibilities have lost their natural susceptibility, I should say that he is not in a proper condition to test our propositions. But if he is blessed with a wife who has not destroyed her *natural* sensibilities, let him induce her to allow him to experiment upon her, and if she can smoke without injurious effects, let him by all means make her a present of a box of fine Havannahs, or a packet of pure bird's eye, for her kindness in allowing him to deduce the confirmation of his opinion from her personal experience.

It would afford me very great pleasure to read the following statements from eminent Medical Promoters of this Society, to the whole body of smokers, if my voice could reach them.

My friend Dr. Conquest, who wrote the first letter which I published on this subject, says :—

“As a medical man, I have no hesitation in affirming my conviction, based on long and extensive observation, that the use of snuff and tobacco must be classed with the worst evils existing in society. I doubt if, under any circumstances, the human constitution is benefitted by their employment; and language would fail me, were I to attempt to detail the bodily and mental diseases they produce. In my now lengthened medical life, I have often seen the worst and most intractable forms of indigestion, and the most distressing and fatal cases of stomach and liver diseases, traceable to snuff and tobacco, and I am confident this poisonous weed produces every variety and degree of nervous derangement from depression of spirits to palsy, apoplexy, and insanity.

“If the physical energy of a people constitute one main source of a nation's power, and if health be to every individual an inestimable blessing, surely it is little less than suicidal madness, that multitudes voluntarily sacrifice it at the shrine of the goddess tobacco.”

Dr. Seymour in a letter which he addressed to the Earl of Shaftesbury, says :—

“The universal practice of smoking has become a remote cause of insanity. No one who is conversant with disease can doubt for a moment that smoking to excess, or immoderately, ends in destruction of mind and body. The effect of excessive smoking is to depress the circulation; the heart becomes weak, irregular in its action, and the

* Dr. Pidduck, writing in the *Lancet* on this subject, says, “I have seen leeches fall dead from the body of a smoker, as soon as they began to draw his blood.” Can then this destructive poison travel through the human body and do no harm?

pulse is scarcely felt. The patient becomes frightened, and loses all resolution. Once a bold rider, cannot mount a horse; a carriage passing him rapidly in the street alarms him; his appetite fails, his mind fills with horrors, imaginary crimes and imaginary punishment. This state of things sometimes continues for years; at length the patient dies—often, very often suddenly. The cause is explained. The muscular structure of the heart—of that organ which is to distribute strength and power to every part of the system, is imperfect in its action, the left side is thin, and in some cases, in which sudden death has occurred, there is little more than a strip of muscular fibre left on that side. Excessive smoking is a new vice. How many young men at school and college used to smoke 50 years ago? Some half dozen. How many do now? The answer is ‘legion.’ It is not,” he adds, “as in the case of wine or opium, useful as a remedy in disease, except in some very doubtful cases of asthma. It is rarely or never employed, or worthy of a name, in the armoury of physic.”

Dr. Copland in adding his testimony, says :—

“The habit of smoking tobacco has given rise to the following ill effects, which have come under my observation in numerous instances, and that of all the medical men with whom I am acquainted.

1. Smoking weakens the digestive and assimilating functions, impairs the due elaboration of the chyle and of the blood, and prevents a healthy nutrition of the several structures of the body. Hence result, especially in young persons, an arrest of the growth of the body; low stature; a pallid and sallow hue of the surface; an insufficient and an unhealthy supply of blood; weak bodily powers; and, in many instances, * * * In persons more advanced in life, these effects, although longer in making their appearance, supervene at last, and with a celerity in proportion to the extent to which this vile habit is carried.

2. Smoking generates thirst and vital depression; and to remove these, the use of stimulating liquors is resorted to, and often carried to a most injurious extent. Thus two of the most debasing habits and vices to which human nature can be degraded are indulged in, to the injury of the individual thus addicted, to the shortening of his life, and to the injury and ruin of his offspring, if, indeed, he becomes a father, a very doubtful result—and the more doubtful when both vices are united in one person.

3. Smoking weakens the nervous powers; favours a dreamy, imaginative, and imbecile state of existence; produces indolence and incapability of manly or continued exertion; and sinks its votary into a state of careless or maudlin inactivity and selfish enjoyment of his vice. He ultimately becomes partially, but generally, paralysed in mind and body—he is subject to tremors and numerous nervous ailments, and has recourse to stimulants for their relief. These his vices cannot abate, however indulged in, and he ultimately dies a drivelling idiot, an imbecile paralytic, or a sufferer from internal organic disease, at an age many years short of the average duration of life. These results are not always prevented by relinquishing the habit, after a long continuance, or a very early adoption of it. These injurious effects often do not appear until very late in life.

4. The tobacco smoker, *especially if he commences the habit early in life*, and carries it to excess, unmans himself, and exposes himself to ignominy and scorn. If, however, he should have offspring they are generally stunted in growth or deformed in shape—are incapable of struggling through the diseases incidental to children, and die pre-

maturely. Thus the vices of the parent are visited upon the children, even before they reach the second or third generation. I have constantly observed that the children of habitual smokers are, with very few exceptions, imperfectly developed in form and size, very ill or plain-looking and delicate in constitution. These imperfections are most manifest in the female offspring. The female child is more or less the victim of his vices and debased habits. If, therefore, ladies sufficiently value their own happiness, and the health and happiness of their families, or desire what all desire 'who love their lords,' they ought not to marry smokers."

To these testimonies I add the observations of Dr. Campbell, a Medical Superintendent of a lunatic asylum in New South Wales, who is well known to the newly appointed President of the Bristol Branch of our Society:—"After exercising my profession for forty years, with no inconsiderable experience of the so-called diseases of the mind, I may be allowed to speak with some confidence on a habit which has consigned thousands to the mad-house, and hundreds of thousands to the ever rankling affliction of incurable diseases in the stomach and associated organs."

At the meeting for the promotion of Social Science in Glasgow, several physicians publicly opposed the opinions which I expressed. Dr. Lankester contended for the use of tobacco because almost everything which we use contains poison. In reply to this I remarked that the poison which is contained in the necessary things which we use is so extensively diluted that we have no perception of its presence. Opium and calomel, he said, were useful poisons, to which I replied that if tobacco were administered medicinally, like opium and calomel, let it be labelled as they are—poison—lest the patient should take it when he did not require it, or take too much of it. Many opportunities were afforded me of discussing the question of smoking, in the Faculty Hall in that city. On one occasion three medical smokers attacked me, but I requested one of them, who I saw was suffering from the narcotic poison of tobacco, to have patience, and as soon as I had settled the others, he should have my attention. Turning to him I said, "Allow me to feel your pulse, Sir!" To this he politely responded. As soon as I tested his pulse, I said, "I will now tell you your history, Sir! If you continue to bring yourself daily as extensively under the power of the narcotic poison of tobacco as you now are, you have but a very short *tether* before you. You will not live five years to come." "That's right," said a voice from behind, "give it him, he's my son." "Your pulse," I added, "is a girl's pulse of 5 years old, and you are some 28. Your lips ought to be vivid—your eyes vivid—your countenance vivid, but you have no vividity. Your appearance indicates nothing but gloom and depression, and if you were to marry tomorrow, What then? Gentlemen, I cannot withhold the fact that the smoker unmans himself, and entails misery on posterity." I once called on a medical gentleman in your city, with a letter of introduction, and when he read it, he said "I cannot connect myself with you, for I am a smoker." "You a smoker," I said. "A medical man smoke tobacco!" "Why should I not?" he replied. "Because you must know that smoking greatly interferes with the action of the heart, on which health in great measure depends."

"There is some truth in that," he replied, "for I applied to a life office some time ago, to insure my life, and when Dr. Lyon, who is the Medical referee to the office, examined me, he asked if I knew that I was suffering from defective action of the heart. I said I knew there

was some disturbance there. Disturbance, he replied. There is so much disturbance, that it would be robbing the office if I were to pass you." I asked him if he were a father of a family, and such was his emotion, that I could have knocked him down with a slight blow, because he knew the question that would follow. I then asked, if in the nature of things his children could have healthy action of the heart. To which silence was his only reply.

This, Mr. Chairman, is a painful subject for contemplation. If a young man passed by an estate, which his father had wronged him of, by gambling it away, that would be a cause of bitter mortification, but that would be as nothing compared with his having to fight the battle of life, with an enfeebled sickly constitution, through his father's prostrated energies from the depressing agency of tobacco. Young men! If you wish to be fathers of a healthy progeny, you must abstain from smoking.

On one occasion I was invited to take tea with a gentleman who had been restored to health, through my inducing him to discontinue smoking. At the tea table he put tea and tobacco in the same category. To this I proposed that another tea pot should be brought to the table, and the same weight of tobacco be put into that as of tea in the other, and the same quantity of water applied—sugar and cream added, and the company at the table partake of it. The result would be helpless drunkenness, if not prostration in death.

I know what is floating in the minds of some of my audience respecting tobacco effects, and they are ready to inquire, "were not the sufferers hard drinkers, and was not Dr. Campbell mistaken about the cause of these maladies? Did he not ascribe to tobacco that which belonged to drink?" I should like my friends to think loud enough to be heard. As no one speaks I shall reply to your thoughts. There is no more comparison between tobacco and its ordinary accompaniments—stimulating beverages—than there is between fire and water. It is a well attested fact that if a man is overcome with strong drink, the addition of tobacco increases his intoxication. But if he is overcome by the narcotic poison of tobacco, there is nothing which affords him such speedy relief as the use of stimulating drinks. In illustration of this sentiment, I will mention the following case which came under my observation in Manchester. I was one day introduced to a tradesman, a member of the Wesleyan body, in that city, who was a great smoker. I elicited from him that sometimes after smoking, he was unable to stand until his wife gave him a glass of brandy and water. Moreover, for several years he was unable to write his name without having his hand guided. I got his tobacco box from him, which I have now in my possession, nearly full of tobacco, and his name engraven on it. I received from him the pledge, "God helping me, I will never smoke again." He has now the use of both legs and hands.

Far be it from me to encourage the use of stimulating drinks to enable you to smoke. To every one in health I should say, Drink Not! And to every one that wishes to avoid the use of stimulating beverages, I should say—Smoke Not!

In further confirmation of the opinion, of the power of tobacco in producing lunacy, I may mention a remarkable statement which was made by Mr. Timothy, of Barbican, at one of our meetings at Shaftesbury Hall, in Aldersgate Street, London. He went out as Surgeon in an emigrant ship to Australia, and having a very long passage, for some time before their arrival, all their beer, spirits, and wine were exhausted. One of the passengers indulged freely in smoking, and Mr. Timothy

told him repeatedly that he would lose his intellect if he continued the practice of smoking and drinking water. When they reached their destination he was obliged to place him in a lunatic asylum. On his return he said the same thing occurred with regard to their supplies, and that several of the passengers were in a state of most distressing bodily and mental weakness, on their arrival in this country.

I was told by a medical superintendent of a lunatic asylum at Leicester, that when he was in private practice, he had an apprentice who went to London to complete his studies, that on his return to his father's house after an absence of 4 months, he was one morning sent for to meet another medical gentleman for consultation about his former apprentice. He was then in *delirium tremens*, and breaking glasses, tables and chairs to pieces with a poker. It was ascertained that he smoked Cavendish tobacco freely, and it was the opinion of the physicians that to withhold it from him altogether would be fatal to his life, adding that he would become worse and worse if he continued to smoke. His distressed father on hearing these medical opinions, concluded that his death would be greatly preferred to life. The Cavendish was withheld, and he ultimately recovered from his attack.

It is not easy to imagine anything that would be more distressing to a parent's heart, than to see his children rob themselves of health and intellect through addicting themselves to the disgusting and expensive custom of tobacco smoking. Dear hearers, I wish you all to enjoy health and happiness, and therefore I caution you against the practice of smoking. I know what the consequences will be to you in after life, and therefore I feel it my duty to urge you to avoid it.

I know of nothing in connexion with lunatic asylums, which is more to be deplored than allowing tobacco and snuff to the inmates. At an asylum near Glasgow, I went with a friend for the purpose of making investigations, and in some of the wards I saw a considerable number who were smoking at 10 o'clock in the morning. To one of them I said, I suppose you enjoy your pipe very much? "Not so much of that," he replied! "It makes me giddy—takes away my memory—makes me tremble—takes the strength out of my legs—I'm obliged to lie down after." Others made similar confessions. When I was leaving the asylum I thanked the Medical Superintendent for allowing me to make these investigations, and for his politeness in accompanying me through the wards. To which he replied that he was much obliged to me, for his attention had never been called to the effects of tobacco in connexion with lunacy, and that he would do all in his power to have snuff and tobacco excluded from the asylum.

At the Edinburgh Asylum I found some of the inmates who had been smoking before 10 o'clock in the morning, lying on the floor in utter prostration, and others who were smoking, with pulses beating at the rate of 120 beats a minute. I told the Medical Superintendent there that all the medicine and all the medical skill in Scotland would be no avail while this practice was continued. There were curable cases there, but tobacco would prevent their cure. There they would remain until the day of their death. In the asylum at Hanwell the same thing exists, and when the smokers are in a condition to work in the grounds, if either of them kills a rat, an ounce of tobacco is his reward. No medical man who uses snuff or tobacco ought to be considered eligible to take the charge of lunatics, and the visiting magistrates of asylums ought to take action in this matter for the sake of those of whom they are the avowed guardians.

I will again mention the remarks of Dr. Webster, and I do hope that my audience will not make me say, what I never do say. On the statement of Dr. Webster I lay great stress, from the fact that his remarks were made before the members of the Medical and Chirurgical Society of which he also is a member. "Reverting again," said he, "to the causes producing insanity it might be interesting to state, that intemperance, owing to the improved habits of the people of this country, did not seem so frequent an exciting cause of that malady as formerly. In his opinion smoking was most injurious as well to the body as to the mind, and whether intoxication was produced by spirits, opium or tobacco, all were abominations, and he believed physicians conversant with mental maladies, were every day being more and more convinced of the bad effects of this narcotic weed, whilst in some asylums, its use among the lunatics was strictly forbidden."

But if medical testimony were multiplied an hundred-fold, we should still have sticklers for the weed, and attempts made to weaken our efforts, and, I am sorry to be informed, that even among the medical advisers of Bristol, there are some who say smoking—if you don't smoke too much—will do you no harm. I should like to hear a medical adviser say to a patient, that smoking does no harm. If all the medical advisers in Bristol were present to-night I would say there is no disease for which tobacco could be employed as a remedial agent without inflicting more injury than would counterbalance the benefit derived from it.

A medical man was once introduced to me at the close of one of my lectures. And after the usual salutations, he said, "I am much obliged for your lecture, and I brought one of my sons to hear you, and I hope he may be benefitted, but I don't agree with all you have said." "Of course you do not," I replied, "for if you did, you would neither smoke yourself, nor allow your son to smoke, but I will submit two propositions, to which you will subscribe, and that will settle the whole question."

"I suppose you will admit that the properties of tobacco are more potent and anti-vital than those of any other commodity which is daily used by mankind." "That," said he, "cannot be denied." "Then, sir, you will endorse my second proposition, which is, that if the properties of tobacco are the most potent and anti-vital of any which are introduced into the human system, there is no other which can by any possibility produce corresponding effects." "There is something in that," he responded. "I know it, sir," I said, "and an hour's argument would end with the same admissions." Subsequently, as a matter of courtesy, I called on this gentleman, and one of his sons, a lad about 15 years of age, entered the room. Calling him by name, his father said, "Does smoking ever make your belly ache?" "No, Pa," was the reply. "Does it ever make you feel sick and ill?" "No, Pa." "There, Mr. Reynolds," said his father, "what will you say to that?" "Say, sir? Look at your boy's eyes. They tell a tale. He has weakened the power of the optic nerves. His eyes look like wooden ones cut out and fixed in sockets. He looks as though the sun never shone upon him. Feel his pulse, sir, and you will soon find out the cause."

He took one wrist, and I took the other, and when I said, "Your boy's pulse does not beat perceptibly at the wrist 30 times a minute," he replied, "There is a great want of energy in his system, but that is partly constitutional." "Constitutional!" I said, "for a boy 15 years of age to have a pulse beating 30 times a minute? Depend on it, sir,

he won't live to be five-and-twenty, if he continues his present practice. He cannot elaborate sufficient chyle and blood to supply the waste of his frame!"

My dear young friends, I am glad to see so many of you here to night, and sincerely do I hope that you will reflect on what you hear on this occasion, and every one of you avoid the use of tobacco.

Some time ago, I delivered a lecture to Mr. Wilkinson's pupils, at Totteridge Park, and as I left the room, many of the young gentlemen shook me by the hand, and said, one after the other, "I shall never smoke." I hope many of you will make the same resolve.

Nothing is more surprising than the personal infliction of misery which users of tobacco voluntarily incur.

The effect of smoking in producing cancerous affections of the lips, and tongue has been extensively attested by eminent medical authorities, and in the Report of the Cancer Hospital in London, it was stated that there had been no case of cancer in the tongue there, which had not resulted from smoking. At Paisley, when I lectured there, Dr. Paton sent a message to the audience, as he was prevented by severe cold from being present, that he had cut many cancers out of lips in that town, but not one which had not originated in smoking. He also lent me a copy of the *Medical Times and Gazette*, to read to the meeting, in which it was said, that of 27 cases of cancer in the lip which had been cut out, nearly all resulted from smoking. Some of the patients were females, and they it was ascertained, had been smokers.

We shall now submit some opinions in the *Mercury*, which follow a cluster of truisms of ancient date.

1st. The anti-smokers say, that excessive smoking is as bad as excessive drinking, but this is neither morally nor physically true.

We can only say that this is not said by us, and as it is a phantom created for the sake of an encounter, we must content ourselves with allowing Mr. Editor to conduct the combat. But how many drunkards are there who are not smokers? and if smoking and drinking are practiced by the same individual, who can tell from which comes the largest amount of moral degradation and crime. Had the editor of the *Mercury* been a drunken smoker, he would have known that a drunken man is not very competent to be a burglar, a forger, or a highway robber. I am not much of a pugilist, but I should not be much afraid of a couple of drunken journalists. What we say is that the effects of excessive smoking are more destructive to physical and mental power than excessive drinking, for excessive smokers are ten times as numerous as simply excessive drunkards, and therefore the aggregate injury of tobacco exceeds that of drink.

2nd. After blowing hot, and blowing cold, and collecting the hackneyed opinions of others, the editor says, let us see what pernicious effects on the bodily and mental vigour of the population can be demonstrated to have taken place. If the evidence already adduced does not supply a conclusive affirmative reply, hear what Dr. Hodgkin says on this subject:—

"Hundreds of persons have passed under my examination as applicants for assurance on their lives, and consequently, imagining themselves to be in a fair state of health, warranting their acceptance; and amongst these I have not unfrequently met with such a state of general depression of the system, feeble circulation, and nervous irritability, as rendered it necessary to reject or defer the proposals, and which I could only attribute to the habits of the parties in relation to tobacco.

"Let any one who can remember the appearance of our countrymen, and more especially of our operatives, thirty years ago, contrast it with that which is present in every direction around him, and he can scarcely fail to be struck with the difference. Instead of the bloom of health, and the various indications of vigour, we see an abundance of attenuated figures, without muscular development, and with pale, sallow, and contracted countenances."

To this may be added the remarks of Dr. Pidduck and Mr. Solly. Dr. Pidduck says:—

"In no instance is the sin of the father more strikingly visited upon his children than the sin of tobacco smoking. The enervation, the hypochondriasis, the hysteria, the insanity, the dwarfish deformities, the consumption, the suffering lives and early deaths of the children of inveterate smokers, bear ample testimony to the feebleness and unsoundness of the constitution transmitted by this pernicious habit."

Mr. Solly says:—

"It is my business to point out all the various and insidious causes of general paralysis, and smoking is one of them. *I know of no single vice which does so much harm as smoking. It is a snare and a delusion: It soothes the excited nervous system at the time, to render it more irritable and more feeble ultimately.* I can always distinguish by his complexion a man who smokes much; and the appearance which the fauces present, is an unerring guide to the habits of such a man. I believe that *cases of general paralysis* are more frequent in England than they used to be, and I suspect that smoking tobacco is *one of the causes of that increase.* So strongly do I feel its importance, that I believe if the habit of smoking in England, advances as it has done during the last ten or twelve years, that the English character, will lose that combination of energy and solidity which has hitherto distinguished it, and that England will sink in the scale of nations."

In conducting this discussion, I am reminded of what was said by the late Andrew Fuller, who challenged Robert Hall to an epistolary discussion on a disputed point in theology. On receiving Mr. Hall's first letter, he said, "Mr. Hall has not only answered me, but he has answered all that I could possibly say on the subject."

And the same may be said, Mr. Chairman, of the medical testimony which I have read; all that the editor of the *Mercury* has said, and all that he and all his fellow journalists can ever say has been answered. But there are a few things to which he has invited consideration, to which we may especially allude.

3rd. Of all the unproved assertions of the new Society, that the use of tobacco is the first step to drunkenness, appears to be founded on the grossest error. In fact, he adds, there would be nothing absurd in asserting that tobacco has really lessened the amount of drunkenness in this country! Yet, he says, if the Anti-Tobacco Society would confine its field of operation to the rising generation, it might really effect a great deal of good.

If the hypothesis could be maintained, that smoking has lessened drunkenness in the country, why should the generation *that ought to rise*, be dissuaded from that which has proved so great a blessing to their parents? But the hypothesis really deserves no serious reply.

If drinking were not the accompaniment of smoking, how comes it to pass, that in juxtaposition with 1,400 licensed vendors of Tobacco and Snuff in Bristol, there are 616 licensed vendors of fermented liquors? The remarks of Lord Palmerston respecting the agricultural

labourers, apply to a very large portion of the employés of other descriptions. In an address which he delivered at an agricultural meeting at Romsey, he said, "Nothing could be done to elevate the farm labourers, while they continue to go to the tobacco shops, and from thence to the public house." Nor are farm labourers alone kept down by these combined habits, but happily they have not the opportunity of going beyond a certain point. Through speculation others commit greater excesses. Mr. Tucker, late of the firm of Baker and Tucker, says, "That in their concern in which their annual returns exceeded half a million, they never had a fraud committed which was not traceable to a smoker." Bankers! Merchants! and others who have large interests to protect, think of this.

We know how to account for the improvement in regard to the consumption of strong drinks, and we bid our million of Temperance advocates God speed, and we hope that a host of Anti-Tobacco advocates will be raised up to diffuse information, and be instrumental, under the direction and blessing of God, in averting the endeavours of all those, who are using their influence for the encouragement of smoking by representing that it is a harmless necessity.

Sir, it is an unmitigated bane to all who consume it. It is the avenue to the ale house among the masses. It is an impoverisher of the body, and a weakener of the mind. It is a drag on the wheels of the gospel chariot, and a powerful auxiliary in the hands of the prince of the power of the air, whereby he draws multitudes into paths of destruction. There is not a minister of religion in Bristol who has not cause to inquire, where do our young men spend their Sabbaths? It is a painful subject for contemplation, that 90 per cent. of smoking young men are irreligious. From every quarter voices are proceeding, which summon us to renewed exertion, in dependence on God in the cause of abstinence from snuff and tobacco. My friend Mr. Scott, the Chamberlain of the City of London, on his return from Ireland, told me that in several districts where the religious awakenings had taken place, smoking and drinking were entirely abandoned by those who were brought under divine influence.

My friend Mr. James Cadbury, of Banbury, told an audience in my hearing, that one day a working man paid him three pence for an ounce of tobacco, and when he took the money he said he knew that man's wife and family were in want of food, and the thought struck him too, that every tobacco leaf which came into his shop was stained with his brother's blood and steeped with his sweat and tears, and he determined never to buy another leaf. And when the Spirit of God comes down on England as He has done on some parts of Ireland, then will men love their neighbours as themselves, and vendors of poisonous drugs will follow their example.

Then none will buy, and none will sell. May God, hasten the day.

"The Chairman congratulated the meeting upon the order which they had maintained during the evening, and, in order to give a practical turn to the meeting, asked those who were willing to join the Bristol Branch of the British Anti-Tobacco Society to hold up their hands. About one fourth of those present (upwards of 200) held up their hands, after which intending members were requested to remain, in order that their names might be taken."—*Western Daily Press, Bristol, May, 16th, 1862.*













